

Counseling and Human Services Departmental Newsletter

VOLUME 8, ISSUE 16

FALL 2016

Comments for Care



Dr. Lori Bruch, Chair

Fitness for the Profession	2
CMHC	3
School	5
Rehabilitation	6
CHS	7
CTC	8
Burnout	12
Innovative Therapies	17
Spirituality	19
Interactive Classrooms	20
Wellness and PCPS	21
Resources	22
Happening Events	27
Where are our Grads now?	28
CHSA	29
Honor Societies	30
Rose Kelly Award	32
From the Editors	33
Professional Achievements	34
Conferences	35
Accreditation	37
Faculty Fun Fact	38
Contact List	39
Exams	40

Season's Greetings from McGurrian Hall, home of the Counseling and Human Services (CHS) Department. As we come to the conclusion of the fall semester, with the Thanksgiving holiday upon us, it seems fitting to share how grateful I am to work with such fine colleagues, outstanding students, a newsletter team that exceeds expectations, and a Dean's office staff that enthusiastically supports our mission and work. This newsletter is devoted to the topic of self-care and as you will find our Co-Editors and newsletter team not only explored the topic from a CHS perspective, but left no stone unturned as they searched for self-care practices throughout our University community. They began their work in early September when energy was high and self-care apparent. As we go to print, it is a reminder that self-care is more than a good idea, it needs to be a part of our daily lives and is required through our ACA Code of Ethics. Our code states that *Counselors are required to engage in self-care activities to maintain and promote their own emotional, physical, mental, and spiritual well-being to best meet their professional responsibilities (ACA Code of Ethics, 2014)*. This ethical responsibility reminds us of the importance of self-care, the necessity of taking time to reflect on our self-care practices, and why this special issue of our newsletter is devoted to this topic.

As I look back on the accomplish-

ments of the fall semester, I can't help but wonder how we collectively and individually accomplished all that we have. In addition to our focus on teaching, research, and service, our faculty and staff have also been involved in maintaining the accreditation of our four programs. All of our programs are accredited and meet/exceed national standards. While our graduate programs in Clinical Mental Health and School Counseling are accredited by CACREP through 2022, our Rehabilitation Counseling program is currently accredited by CORE and in July, of 2017 will transfer accreditation to CACREP and remain accredited through 2022. This semester we celebrated the success of the re-accreditation of our undergraduate CHS program through 2021 by the Council for Standards in Human Service Education. The work of accreditation translates into an ongoing commitment of time and energy from the entire CHS department and for this I am also grateful.

In addition to our student's commitment to their academic excellence, we are also proud of their accomplishments through involvement with their honor societies and also our CHS Association. Students have given their time and energy to help others, an important component of self care. Some of our CHS student's initiatives included a peanut butter and jelly drive to collect food items for the Leahy Clinic, an Angel Tree, writing letters to veterans, the Give one...Take one project that shares positive messages, and so many other wonderful giving activities.

So many of our students have been involved in their community based learning projects, practicum work, and internships, and as we come to the end of the semester, it is not surprising that I see a lot of tired people on the 4th floor halls. Oh, I also failed to mention the tense political environment that we have endured this semester along with the continuing concern and worry for the very people we serve. So I wonder, how each of us are doing with our own self-care. I am particularly fond of scaling questions, and personally as I started this semester, my self-care was a solid 8. As the weeks went by, I started most days committed to being a "ten" but the reality was I was lucky to be a "4" at the end of the week. So my challenge for each of us is to spend some time when our semester's work concludes and engage in some personal reflection, remembering that self-care is not a one-time deal, but a way of life we must aspire to so that we can bring our personal best to the work we do. Always telling ourselves, that "what we do matters". Forever remembering that self-care is not only a good idea but part of our ethical responsibility to the profession of counseling. So let's find little ways that we can tend to our body, spirit, and heart and remember it is okay to "goof around" a little bit throughout the day. Making work fun and enjoying what we do is an important part of self-care.

The CHS faculty and staff wish you a peaceful holiday season and the happiest of New Years.

Lori

10 Dimensions of Fitness for Profession for Counselors-in-Training

The *Fitness for the Profession Document* helps in the evaluation of an individual's beliefs, attitudes, and behavior in many areas of one's life, such as academic, clinical, professional, and personal. The CHS Department hopes that this document will help in the self-assessment, self-correction, and self direction of each student on the path to becoming a professional counselor. The list below are the 10 dimensions of the document that are important in the training of a counselor and in the practice of a professional counselor.

1. **Commitment to Wellness**
-The life long commitment to becoming the best one can be spiritually, mentally, physically, socially, and vocationally.
2. **Commitment to Learning**
-The ability to self-assess, correct, and direct; continually seek knowledge and understanding; demonstrate of academic and life management skills.
3. **Core Academic and Clinical Competences**
-Holds knowledge in the core areas of certification.
4. **Professional Identity**
-The commitment to ongoing development as a professional with the ability to put theory-into-practice.
5. **Personal Maturity**
- Ability to live and function at appropriate level of emotional, psychological, and relational wellbeing; freedom from limitations to one's professional performance.
6. **Responsibility**
- Ability to fulfill professional commitments, be accountable for actions and outcomes; demonstrate effective work habits and attitudes.
7. **Interpersonal Skills**
-Ability to interact with clients, families, other professionals, and the community effectively.
8. **Communication Skills**
- Ability to communicate effectively (speaking, body language, reading, writing, listening) for varied situations; sensitive to diversity.
9. **Problem-Solving**
-The ability to seek out resources for help, support, and insight.
10. **Stress Management**
-The ability to recognize sources of stress and how they affect an individual; ability to develop effective coping techniques ; seeks appropriate support when needed.

Fitness for the Profession, a lifelong journey

Clinical Mental Health Counseling

Why I think self-care is so important to our and other professions & how this contributes to competence



Dr. Katie Purswell

I think that self-care is an important part of being a healthy human being, and it is a lot easier to be competent at one's job if one is a healthy human being. Productivity may or may not be related to self-care, but I definitely think that quality of life and relational health are both related to self-care. For professions, such as counseling, in which relationships are a key part of a person's professional life, being a relationally healthy person is paramount.

I think self-care is difficult in our society because we have a culture that values productivity, being busy, and getting things done. Somehow we have perpetuated this idea that we have more value if we are always doing something, like being busy is a status symbol (a concept endorsed by Brené Brown). Being still and focusing on the moment isn't valued as much and may be perceived as being lazy. Brené Brown has a concept she calls, "crazy-busy," and she says we use "busy-ness" to numb ourselves so that we can avoid dealing with the issues in our lives. We can use being busy (a socially acceptable "weakness") as an excuse for why we aren't investing as much as we would like in our relationships or why we're not dealing with other areas in which we might need to grow. Her work connecting "crazy-busy" to lack of vulnerability has helped me to think about how I use my long to-do list to avoid parts of my life I might need to face.

How I personally practice self-care

Since graduating from my doctoral program several years ago, I have made a conscious effort to be better at practicing self-care. I knew I couldn't keep saying, "Just three more years until I finish _____. Then I can have a more balanced life." The things to finish never end (master's program, doctoral program, tenure, promotion, etc., etc.). One of my favorite ways I practice self-care is participating in yoga classes throughout the week. The practice of yoga helps me feel better both physically and mentally. It can be difficult to make time to attend classes during a busy week, but this is one activity I try to prioritize. Another way I practice self-care is to try to spend at least part of my weekend doing something for myself. On a very busy weekend, this might mean just taking an hour or two to intentionally do something I enjoy. I usually try to keep it unrelated to technology. For example, I might go on a relaxing walk at Lake Scranton or read an interesting book at a coffee shop. I've found that these activities help me feel more rested and help to clear my mind.

Suggestions for those entering the field of counseling

As I see it, I think counselors can fall at various places on a continuum. On one side are those who use the concepts of self-care and boundaries as excuses to avoid having to put in the extra effort that is sometimes necessary when we work with clients in difficult situations. On the other side are those who are so busy talking about and teaching about self-care that they do not actually practice it themselves. I think it is important for each of us to find our own balance on this continuum. It is important to talk about self-care, but not at the expense of not actually practicing it. It is also important to set boundaries, but not boundaries that are so rigid that we never go beyond the basic requirements for a counseling relationship.

Clinical Mental Health Counseling



Andrea Lynch

Within the past five months, I have been determined to make lifestyle changes and learn better self-care. Once I actively started taking time for myself, I realized how much more effective I was both professionally and personally. Practicing daily self-care has rejuvenated me, which in return has allowed me to find passion again in so many of my daily activities as well as my career. I learned that it can be very difficult to inspire others when you are having trouble inspiring yourself. The biggest changes I have made have been for my mental well-being. Every day, I do something strictly for myself. Sometimes it is something short and simple and other days, it may take up a big portion of my day. Taking the time to recharge throughout the day helps me enjoy my days rather than just rushing through them to get to better ones. I also flood myself with positive messages throughout the day. I follow inspiring bloggers and social media posts and I spend a lot of time reframing negative thoughts that try to weigh me down. I have learned to listen to my body and to give it what it needs; whether it is sleep, a workout or even a bowl of ice cream. Listening to your body can be one of the most powerful things because often it knows better than our minds do.

Some days are definitely harder than others and on those days, I try to be even kinder to myself. Being able to feel the difference that self-care has made in my life inspires me to continue to care for myself every day. I can honestly say, I am my best self currently and I have to believe that is because I have finally stopped comparing myself to others and instead have started listening to what is best for my body and mind. If I could offer any advice to others, I would say there is always time for self-care no matter how busy you are. Taking just one minute to take some deep breaths and a moment to ground yourself can truly make the world of difference when it comes to your well-being. As future counselors, we all know that self-care is important, but it is often hard to justify doing it when our lives are filled with constant responsibilities and long to-do lists. However, without proper self-care, I truly believe we cannot be our best selves.

School Counseling

Dr. Julie Cerrito



Why do you think self-care is so important to not only our profession but all professions as a whole?

I believe self-care is particularly important to the profession of counseling because of the need to be physically and emotionally present for the clients we serve. It is a job that can be both emotionally rewarding and draining and it is critical that we take care of our own needs while servicing the needs of others. It is important in all professions because stress and burnout can happen in any profession. People work long hours and attempt to balance work, family, and play, which isn't always easy. The goal is to achieve balance among our many responsibilities in life and that requires some level of self-commitment.

How do you personally practice self-care?

I try to take time to honor and appreciate my hobbies and pastimes. I love to travel so it is always exciting for me to plan new getaways. I also enjoy walking my dog through the beautiful nature that abounds this time of year and getting fresh air and sunshine whenever I can. Spending time with friends, family, and loved ones always brings enjoyment in creating new memories and remembering the old ones. I also love to shop because, as Cinderella stated, one shoe can change your life!

Any suggestions for individuals entering the counseling profession?

Remember that as you are building a career you are also building a life. So, uncover the things you enjoy most about your life and never lose sight of them. Find ways to incorporate those things into everyday living whenever you can. You need to take care of yourself so you can help others take care of themselves.

Self-care is one of those “easier said than done” practices. In today’s society, there seems to be a constant struggle and strive to “get ahead”. Because of this societal mentality, we often find ourselves overwhelmed and overworked. Self-care sounds good. But who actually has the time for that?

This was pretty much my mentality around this time last year. Reality, like it always does, ever so harshly reminded me that I couldn't do it all. Not only could I not do it all, but I couldn't even come close without taking time out for myself, aka, self-care. Like so many others new to graduate school, I had a full time job, was a graduate assistant, and was taking twelve credits (I am glutton for punishment). I was seemingly doing everything right on the outside. Classes were going really well and I loved my job, but something was missing. I was so focused on my role as graduate student, while juggling everything else that life throws at us at the same time. I lost track of myself somewhere along the way. I used to do all of these “fun things” before graduate school. I realized that I wasn't invincible, and that I needed time for me. I started intentionally setting time aside for myself, and holding myself accountable like any other commitment. I allowed myself to do the things I loved, like watching my favorite shows on Netflix, going shopping with friends, and allowing myself an hour where I could do whatever I wanted, without feeling guilty. Self-care is nonnegotiable, especially for those of us in the helping professions. We are so invested in the well-being of others, that we forget about our own well-being. We need to be the best we can be for our clients, and the only way to achieve that is making ourselves a priority.

Ashley Richards



Rehabilitation Counseling



**Dr. Rebecca
Dalgin**

Why do you think self-care is so important to not only our profession but all professions as a whole? How does this contribute to competence?

Well, I think in my opinion, it's all about presence. In order to be an affective counselor you need to have the ability to be present in the moment with the other person. Maintaining our physical, psychological and spiritual health are critical to our ability to be present. If we are not getting enough sleep, not fueling our bodies well, not doing some healthy movement then our stressed bodies are going to impact our ability to be present (i.e. stomach growling, feeling drowsy, having trouble sitting still). If we are not well psychologically, coping with a new loss, in a difficult relationship, feeling anxiety or depression, dissatisfaction with part of our lives, these can all lead to the counselor getting stuck in his/her own thoughts and not being able to focus on the client. Likewise, spiritually we need to attend to our inner souls in whatever way we find meaningful so that we are able to make sense of our world and how we can feel fulfilled and how we can make contributions to creating a better world. In these ways, we are able to be more present with our clients and able to practice holistic wellness approaches to the concerns they bring with them.

How do you personally practice self-care?

Hmmm, do I walk the talk? I think one of the ways I practice self care is to try to stay connected to others. Our work lives can be fairly chaotic as counselor educators and it is easy to come in to the office and just keep going from one thing to another straight through till 7 or 10pm. I try hard to make time for a break with my colleagues. Just 20 -30 minutes to go for a quick walk or sit together over a meal can make a huge difference in my ability to focus. I also try to eat naturally as possible and greatly enjoy cooking with my family. I also try to exercise regularly and enjoy walking, biking, and yoga. Additionally, I engage in counseling when I feel myself needing some outside help to process through things happening in my inner and outer worlds. But I will admit that it takes great focus to keep these things a part of my life in a balanced way and some weeks are better than others.

Any suggestions for individuals entering the counseling profession?

I don't think there is a magic secret to self-care. Perhaps the most essential step is in line with Jesuit ideals ... personal reflection. Self care is basically knowing what you need and when you need it. Counselors need to make time to turn inward and check in with themselves physically, emotionally and spiritually and then take action where it is needed .

Amy Talipski



Self-care in any profession is important because it helps us to maintain our physical and mental health needed to be able to work effectively. When we are using self-care, we are promoting more positive thoughts, a healthier relationship with ourselves, which on turn helps us to build better relationships with others. As a student, learning to manage stress and take time for myself when needed has helped me to maintain my professionalism, my values, and my ethics in the world of work.

I have been implementing a number of techniques into my life that I believe have made a positive impact on me. I have learned to take time for myself when I need it rather than putting it off. If you keep putting yourself on the back burner, the stress only gets worse. I find that using yoga as a way to relieve stress and tension has made a huge impact in how I feel mentally and physically. I have also integrated a number of supportive people into my circle that will listen, give advice, and help me problem solve. As we enter the world of work as professionals, it is important to know that we are not alone. Having a support system helps me with the

stressful situations that arise in day to day living. My best advice when working on your self-care plan is to make time for yourself, find activities that bring you happiness or positive energy, and most important have a support system you can rely on.

As people who are entering a helping profession, we need to be good role models and promote wellness. If we are not practicing our own self-care, it will reflect in our personal and professional lives. Learning to love, value, and care for yourself will reflect on how you touch the lives of others.

Counseling and Human Services

Dr. Paul Datti



Self-care is a must for counseling and human service professionals. It's part of our ethical codes, and it affects our ability to provide appropriate services, to complete our jobs correctly, and to live as well as possible. For me, self-care means eating well, going to the gym, being surrounded by family and friends, having fun, and taking time to do NOTHING every once in a while. But self-care is not always easy. Sometimes life's ups and downs knock us for a loop and we lose track of our self-care needs and routines. It is during these tough times, usually, when we need self-care most, but these are also the times when it is hardest to have focus on ourselves. So, hopefully, you will have caring family, friends, and colleagues to help support you through those difficult times and who encourage you to not forget about your self-care.

And more importantly, as counseling and human service professionals and professionals-in-the-making, be sure to do the same for others. Besides committing to your own self-care, it is good practice when entering the profession...since we are all helpers who, hopefully, want to have a little hand in caring for those around us.

Self-care is so important not only for our profession but all professions as a whole. Self-care is a way of feeling complete and relaxed no matter what daily stresses you have endured. It can be a way to keep your emotions in check and give you the opportunity to make all the daily hardships go away while you do something that you enjoy. This is applicable to every profession because they each have their own daily stresses and difficulties and self-care can help anyone out. Self-care is an amazing tool to help with academic work as well. Academic stresses can be a daily struggle for any student and no matter what occurs in the day to day, it is important to take care of yourself so you can be more in tune and focused for every other facet of your life academically and outside of academics as well. Academic stresses are all around us and the best way I find to deal with them is to manage my time properly. Creating a schedule makes it so that you are aware of what needs to be done and gives you a time too work on those activities. It also gives you the ability to set up time for fun and going to the gym as well.

I personally practice self-care by making sure that my sleep schedule is consistent everyday as well as having a guaranteed time set aside where I can go to the gym for at least 30-45 minutes a day. No matter what else is occurring, I will put in the time at the gym too make sure I have time to relax and focus on what is important and myself. Eating healthy and well balanced meals is important as well and makes you feel better about what you are putting in your body.

My biggest suggestion for anyone who is about to enter the workforce or continue their education is just to remain consistent in what activities you are doing, while it may at times be difficult to do. Maintaining your exercise and healthy eating will in the long term make you feel a lot better about yourself and the work you are doing. Consistency is the key with anything, it lets you form habits that can last you a lifetime. With activities as important as self care it is very important that you stick with your schedule and are able to use the tools you have to benefit you. They do not do you any good if you don't use them.

Eric Kaskowitz



Counselor Training Center

When asked by students to consider the importance of self-care in the counseling and other related helping professions, I found myself wandering a bit down memory lane to my own education and early professional work experiences. As a new professional almost 3 decades ago working with persons who had experienced interpersonal violence I found myself weary; at times overwhelmed and really tired. It was then I explored burnout prevention. I vowed to make realistic and concerted attempts to engage in self-care. I think self-care and burnout prevention is critical to longevity and success in our careers. It is also important to those we love, those who love us and those we are privileged to work with.

Heathy relationships with ourselves and others is the bed rock of any burnout prevention plan. I also think that successful plans need to attend to our minds, bodies and spirits. A plan is just that a plan and is not a contract, hence a successful plan should have room for flexibility, adaptation and growth. Rigidity in a self-care and wellness plan encourages a success/failure evaluation and in a culture that already has such an emphasis on that I fear a rigid plan becomes counterproductive.

For me self-care strategies have really been and continue to be about the simple things. A hot cup of coffee (or tea), ten-minutes in a rocking chair, several deep breaths, petting an animal, a moment to learn something new, appreciation, gratitude, perspective and on harder days forgiveness with regard to myself or perhaps someone else. It all comes together in gathering life-giving moments, seeking joy and believing in hope and possibilities.

Throughout the years I have frequently ended sessions by saying, “Be kind to yourself” or “Try to be kind to yourself”. While simple human kindness may not be the thing that can “fix” everything or even anything it certainly can and does make hard situations less hard including our own stress so It seems fitting that in this discussion of self-care I would end this by suggesting that we all be kind to ourselves today and then again tomorrow..... Be well.



Geri Barber,
Director, Counseling Training Center

This section will include:

- Practicum Student, **Cassie Benscoter**
- Internship Students
 - CMHC, **Eloise Libassi**
 - Rehabilitation Counseling, **Luke Vitagliano**
 - School Counseling, **Brittany LaRusso**

Counselor Training Center- Practicum Student

We asked a student who is currently in Practicum at the Counseling Training Center to give us a little insight into how self-care is important and how it is incorporated into her life.....

1. Why do you think self-care is so important to not only our profession but all professions as a whole? How does this contribute to competence in your academic work as you enter the profession?

Self-care is incredibly important. Regardless of the profession that someone may be in, it is important to simply take care of yourself and support yourself. In the past, I have been burnt out and it is such an uncomfortable feeling. I noticed that I had a hard time thinking and focusing, was irritable, and didn't enjoy the things that I originally found enjoyable. Similarly, to weight gain, it's easier to fall into burnout than it is to get out of it. I look at self-care as vital in order to be successful in this profession because if I am personally not okay, how am I supposed to help my clients?

2. How do you personally practice self-care?

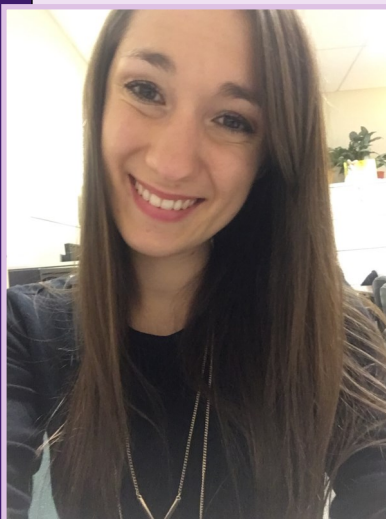
Self-care can be a difficult thing in that it is hard to make time for it but it is exceedingly beneficial. Because I am at school for long hours and tend to be the energizer bunny, I have to remind myself to breathe so I try to take a five minute break every hour or two hours in order to get some fresh air, watch Netflix and sleep in when I can, stretching, and going to my own counselor. As I said, it isn't easy to take the time to do some of those things but the rewards outweigh the difficulties when looking at self-care.

3. Any suggestions for individuals entering the workforce or continuing education?

A helpful piece of knowledge which can seem redundant to say but is essential is to take care of yourself. You know yourself better than anyone else so you would know what you would need in order to feel comfortable, confident, and at ease. This was a hard lesson for me but once I embraced this, I recognized that I felt better and more empowered.

4. What are some ways in which you are practicing these skills and learning to incorporate them into your professional development?

Being in Practicum and two other courses is highly demanding. Making time for myself is and has not been easy but I know that in order for me to grow as a professional, not practicing self-care is hindering that. I try to take advantage of opportunities that could help me or sometimes, I have to force myself into doing something for myself. Just last week, I started making random alarms on my phone to help me remember to ultimately love myself and give myself love. Those little moments become big, helpful boosts in helping me stay grounded and healthy.



**Cassie Benscoter,
CMHC Student**

A _____ Counselor is....

- A **Clinical Mental Health Counselor** is a counselor who provides services to clients who seek help with everyday life concerns as well as those who struggle with significant emotional, cognitive, and behavioral challenges.
- A **School Counselor** is a counselor who assists students with academic, career, and personal/social development. Their roles and responsibilities are integral to the fulfillment of every school's overall educational mission. School counselors work with the entire school community to develop and deliver comprehensive, results-based K-12 programs designed to respond to the needs of all students.
- A **Rehabilitation Counselor** is a counselor who possesses the specialized knowledge, skills, attitudes and values needed to collaborate in a professional relationship with people who have disabilities to achieve their personal, social, psychological, and vocational goals.

Internship Students

This section will contain three different student perspectives, from the three different programs, on self-care during their rigorous internship requirement before graduation.

Clinical Mental Health Counseling

Eloise Libassi



Self-care is critical to people in all professions and walks of life simply in terms of caring for the whole person, but it is vital, in my mind, for those of us in the “people professions” in terms of preventing burn-out. In internship specifically this semester, I learned quickly that with a large amount of information and new processes to take in, I had to be willing to approach the overall picture as a set of puzzle pieces which I would be able to assemble gradually as they all began to make sense. To allow this to happen I needed to pace myself carefully, remain calm, be willing to ask questions, and occasionally float with uncertainty.

My personal approach to self-care involves attending to the whole of body, mind and spirit in a balanced way. I’ve learned over time that I need to incorporate some very specific elements into my day. Probably the most important one for me involves at least some quiet time each day. And by quiet time, I really mean silence. It doesn’t have to be a lot, but 30 minutes is ideal. Sometimes I incorporate this silence into another activity such as walking, which is also part of my almost-daily routine. And yes, that

means no ear buds... I even appreciate silence sometimes when driving somewhere. It allows my thoughts time to do whatever they need to do and then settle down. Also important in my self-care is being connected with family regularly, including the 2 dogs and 3 cats that are a vibrant part of my home. I also try to maintain a reasonably healthy diet, get a decent amount of sleep, and remember to have some fun on occasion, doing something that has absolutely nothing to do with school or work!

Rehabilitation Counseling

Luke Vitagliano



Self-care is essential to all professions, but it is even more so when working in the helping field. Over the past few months I have made major life changes, moving out to Colorado to start an internship, leaving everything and everyone to start a new chapter in my life – the pages are blank as I continue the process of writing my own life story. The move was nerve-racking and I did not know what to expect, would the risk be worth the reward?

I am an intern at a mental health center working as a therapist in the Adult Outpatient Department. At the start I was warned that this was the most challenging internship due to the size of my caseload as well as the nature of my clients' issues, problems and needs in therapy. Practicing self-care is crucial to manage the stress day to day at work to be able to best serve my clients.

The main reason for moving out to Colorado is the beauty of the good old Rocky Mountains. I've always felt at home outdoors venturing into the mountains nearly every weekend for the past 3 months for hiking, climbing, biking, camping and more. I feel free from all chaos in life and become one with nature. Dedicating time to the outdoors has been vital in my academic work, my clinical work, and in all other areas of my life.

For those entering the workforce or continuing their education, it is important to find time for yourself, where you can be free from all the stressors and worries of the world. I believe that counselors, therapist, clinicians, or anyone in the helping profession should be in therapy – how can we best serve our clients if we are not taking care of ourselves?

School Counseling

Brittany LaRusso



As an internship student for the School Counseling Master's Program at the University of Scranton, it is difficult to find time to perform self-care with the demanding schedule that is required. When I was an undergraduate student, it was convenient with a gym on campus and going to the gym after class, now as a graduate student making that time is much more difficult. The best way that I am able to perform self-care is by running for a minimum of 30 minutes a day. Although, there are some days that I just do not have enough time, it is important to find that time to take care of yourself so you do not burnout. Luckily, at the placement I am at right now in New Jersey, the team of counselors I am working with all perform self-care by exercising, so we are able to keep each other motivated. In my opinion, it does not matter what profession an individual is pursuing, it is important in the beginning of a new job to start performing self-care to get yourself in a routine. Self-care doesn't need to be extensive, but even just 15 minutes in the morning listening to music or doing meditation can help take care of your mental, physical and emotional self.

What could happen if we do not practice self-care? In the helping professions we are trained and seek to care for others, through this process we sometimes forget to care for ourselves. After continuously caring for others and forgetting to care for yourself there could be a period of time where you have so many things to do but you just do not know where or how to begin anything, nor do you want to. Burnout, that extreme experience of exhaustion and lack of interest for a significant period of time. A situation that is discussed in more classes than not, but not necessarily applied by the average individual. While taking different classes, students learn the warning signs of burnout, what they “should” do to prevent it, how to handle their stress, and how they can be affected physically, behaviorally, mentally, emotionally, spiritually, and relationally. We learn the impact of burnout could affect many different aspects of one's life, this is why it is important to be aware of, acknowledge and take action because burnout can overcome someone entirely. However, after learning about this topic do people actually understand the importance before they get to the point of burnout?

Helping professionals endeavor to empower the people they work with, inspire them, and promote hope and healing. This can take a toll on an individual, but taking the time to care for yourself can promote longevity and success in the profession. As members of a helping profession, it is not only important for us to help care for others, but also to take the time to care for ourselves – this important piece can be overlooked. We forget that we can only put in as much of ourselves as we have, but if we do not take care of ourselves, can we really help others? During the undergraduate and graduate Crisis Intervention class the students put what they are learning about burnout into practice by developing a concrete burnout prevention plan. Having a concrete plan allows a student to actually sit down and come up with realistic interventions on how to handle their stress and prevent burnout. Does everyone utilize their plan after the assignment or is it swept aside until someone finds that they themselves are struggling?

Part of creating your plan involves finding your joy in your life, this may vary according to each person and each role they have throughout the lifespan. Finding this joy is also a process, it may not be perfect the first time you start practicing, but your plan will evolve as you evolve. For this section of the newsletter, four different students who are experiencing four different roles, share their own personal Burnout Prevention Plan, and discuss how they find their joy and how they implement healthy ways to deal with stress.

Each piece emphasizes the importance of burnout education and development of a prevention plan. As a student, the plan may deal with academic stress, but as one continues throughout life, more parts of the equation are thrown into the mix. For example, balancing school and a job; and a family; or even multiple jobs and a life outside of work. The equation continues to get bigger while finding who they are as a human being and an ever developing professional in their chosen field. This piece gives a real life look into the different stages that people are in and how they are personally dealing with preventing burnout and managing stress.

Burnout, a serious situation, is common among many helping professionals. With the education, awareness, and reflection, we can begin to recognize the signs before it happens. From there, find your joy, implement it, and be happy and healthy.

“To use our hands, hearts, and minds in shaping the beauty of the world.”

This section will include:

- **Rebecca Mudd**, a current CHS student who is taking Crisis Intervention. She explains what burnout is, how she started to create and implement her plan.
- **Sarah Walsh**, a current CMHC student who is taking Crisis Intervention. She explains how important utilizing her plan actually is in her life right now.
- **Katherine Sara**, a graduate from the CHS program, who is in the workforce, and in her graduate program at Duquesne University.
- **Danielle Frascella**, a graduate from both Rehabilitation Counseling and CHS programs, who is in the work force and returned to the University as an adjunct. She will discuss how her plan has changed.

Crisis Undergraduate Student

College is the time for a student to find direction in their life in relation to their passions; academically, mentally, and spiritually, that eventually translates into a lifelong occupation. Similarly, the mind, body, and spirit play a vital part with one's own mental wellness and in preventing burnout. These two topics can go hand in hand in relation to burning out, as sometimes students are unaware of what certain occupational path can be for them specifically. This is referred to as, "Role Ambiguity". Role ambiguity is defined as: having confusion and lack of clarity in relation to goals or responsibility. This is something that may not sound too unfamiliar to a student. Personally, this particular cornerstone of burnout is very relevant, as I am a current senior. While my time at the University is slowly approaching an end, it is now time to put these four years to use. Recently, it has become more prevalent in my daily life that not knowing exactly what that answer may be can bring uncertainty and a lack of control.

It is important in times of ambiguity, to be aware of these feelings, and turn to a burnout plan, because self-care is always necessary. When dealing with these types of stressful emotions, my burnout plan is a helpful tool that I use to diffuse the situation. I use my burnout plan as a reminder for the things that I sometimes choose to ignore when under stress, for example things such as my cognitions.

My burnout plan is split into different sections, such as cognitive, behavioral, physical, relational, and spiritual. Each section has different cues or "triggers" that I may face when undergoing a difficult time. It is during these trying times that I understand I may be showing symptoms of a certain cue and I will refer to my burnout plan to reshape these behaviors or thoughts into something more pro-active in order to prevent further damage. Burnout can be inevitable if the student does not take self-care seriously. Although it is easy to push our needs to the side, it is vital to bring them to the forefront at times in order to reach a higher level of functioning.

Recently, I was studying for an important midterm, and while I was reviewing the material a couple hours before the exam, I felt as if I did not know enough of the information and that I was going to do horrible. All the possible negative phrases one could say to oneself before taking an exam were racing through my head, which just made the situation worse. Instead of bringing myself up, that I prepared well enough for the exam ahead of time and giving myself the appropriate amount of praise, I was beating myself up. This is a cognitive trigger that other students might be familiar with as well. It is in times like these to remind oneself about the work and effort put into something, whether that be an assignment, amount of studying, or even preparing for a presentation in the workforce. Being able to reshape these negative cognitions is a vital aspect of preventing burnout, because it is important to give oneself praise and recognition for a job well done. It is essential to remember that a burnout plan is versatile for any life position, the tools created in college can be translated over into the workforce as well to aid the prevention of burnout.

Rebecca Mudd

CHS, Senior



Crisis Graduate Student

In order to prevent burnout, I feel that it is imperative to recognize when it is progressing to that point. Feelings of constant stress and lack of balance in life are a couple of emotional states that I personally try to keep in check in order to prevent burnout. I have recently devised a burnout prevention plan for my Crisis Intervention class and it could not have been implemented at a better time in my life. With the important demands of school, internship, and preparing for graduating and motherhood, the ever-changing phases of life are trying to challenge every facet of my being.

My burnout prevention plan focuses on maintaining homeostasis of mind, body, and soul. I utilize many of the coping mechanisms that I have always used and have applied a few more that hone in on where I could foresee a deficit arising under stress. I have always been active in dance, sports, and outdoor activities so I like to welcome each day with a clear, rejuvenated mind by being physically active. If I am having a day where I do not feel motivated or am too tired to exercise, I will supplement this by doing some relaxing stretches. By eating nutritious superfoods, getting plenty of rest, and keeping my body in motion, I feel as though the daily stresses are already losing the battle!

When stress does creep up throughout each day, I ask myself what would be fun to do that evening to have something to look forward to so that the stress doesn't overwhelm me. Depending on when I get home, this could include visiting a friend, family, engaging in a hobby, or simply watching a favorite movie. Practicing these cognitions reminds me that the stressful situation is only temporary and life has much more to offer when the stress does pass.

When settled in at home, I love taking bubble baths before bed to relax and not think about anything. Before I go to bed, I turn on my aromatherapy diffuser that holds essential oils to help maintain physical health and relaxation. I then say my prayers which keeps me spiritually connected and allows me to show gratitude for each day and every part it entailed.

No matter what profession one is in, burnout can happen to anyone. It is a very unpleasant feeling of monotony, stress, and lack of harmony in life. Looking back, my past habits have consisted of not asking for help with both physical tasks and emotional support. This had caused a lot of unnecessary stress in my day-to-day living and contributed to me experiencing burnout. I have a wonderful support system of family and friends and now I welcome help when offered and ask for it when needed.

The best advice I could give anyone is to live every moment *in the moment*. Honor your mind, body, and soul and whatever the need is in the moment, try to meet it. Take that nap, keep those plans, and do what you love while loving yourself. At the end of the day, we have the power to look at stress as something that will burn us out, or as a blessing for having so much *abundance* in life.

Sarah Walsh



Post Undergraduate Graduate

Katherine Sara



As I sit in my new apartment in Pittsburgh, snuggled up in my CHS department crewneck, exhausted after a long week of work, I can't help but reflect back on one of the biggest life lessons I learned during my time as a CHS student: burn-out prevention. Around this time last year, I was stressing about fitting my 200 hour internship into a schedule with 12 credits, half of which were graduate classes in the accelerated program. During that time, I was enrolled in Geri Barber's Crisis Intervention class. Although this class was full of intense material and 20 hours of service learning, I could not have been more appreciative that I took this class during that time in my academic career. Geri often reminded us to "go find joy" in our lives, which is something I continuously challenge myself to do. She also had us meet with practicum students to work on our burnout prevention plans. This became extremely helpful to me as I was coming close to already burning out.

In the course of this classwork and burn-out prevention assignments, I began to develop a personal burnout prevention plan. I had always had go-to coping skills to implement in stressful times, but learned that different stressors sometimes need different coping skills. Instead of carving my burnout plan into stone, I found that for me, it was important to be flexible. Now that I am a full time student with a full time job where I often work overtime, I have found that implementing my former burnout plan is extremely important for my life beyond Scranton and the Crisis Intervention course. I do not have much free time during the week as I usually go from 7:45 am to 9 pm straight every weekday. I have been advised by co-workers and classmates that I am on the way to burn out, but luckily I have my undergraduate burnout prevention plan to fall back on. Instead of sticking to the specifics of my plan, I have stuck mostly to the idea of it which is to find time to enjoy life and find joy. I do not have much time to do this, but it has encouraged me to practice mindfulness and to appreciate the little things. Every night before I go to bed, I try to remember three good things that happened to me that day, even if they're as small as having a good conversation with the bus driver or not being on hold for over an hour with an insurance agent at work.

Life after Scranton has been an adjustment, but I am forever grateful for my experiences there and how they have helped me grow into the person I am today and prevent burnout. Burnout prevention is much more than a class assignment; it is a lifestyle and I am so thankful that my time in Scranton helped me create a lifestyle that I continue every day in my post-graduate life.

Post Graduate School Graduate

Danielle Frascella



Rehabilitation Counseling, '12
CHS and Philosophy, with a
minor in Theology, '10.

An unknown author once wrote: "You cannot pour from an empty cup." I happen to find this phrase to be a reminder that I often give to myself. I am a young clinician who is balancing a full-time outpatient therapist position, a part-time teaching position, and two part-time private practice positions. It may sound like a lot, but I love it all! For as long as I can remember, I have been a driven and passionate individual. However, I have struggled just as long with the ability to sustain a work/life balance. A healthy balance is what grounds us and what allows us to take care of ourselves and take care of others, as long as our cup has some to share.

Working in a profession where healing others is a significant piece of one's everyday life, it is so crucial to take time to prioritize self-care (even if it means literally scheduling it). From my transition as a student, to now a professor, at The University of Scranton, I have discovered that self-care and burnout prevention are areas that require my continued attention, reflection, and action. While burnout prevention for me now looks slightly different than it did for me as a student, the foundation is the same: self-awareness and a continued desire to learn and grow.

As a professional, I find some of the biggest components of my burnout prevention plan include the following principles: acknowledging potential warning signs that burnout is occurring, identifying hobbies/interests that nurture my inner joy, making the conscious choice to create time to engage in these activities, reaching out for support when needed, increasing opportunities for stress-relief, and of course, laughing and having fun!

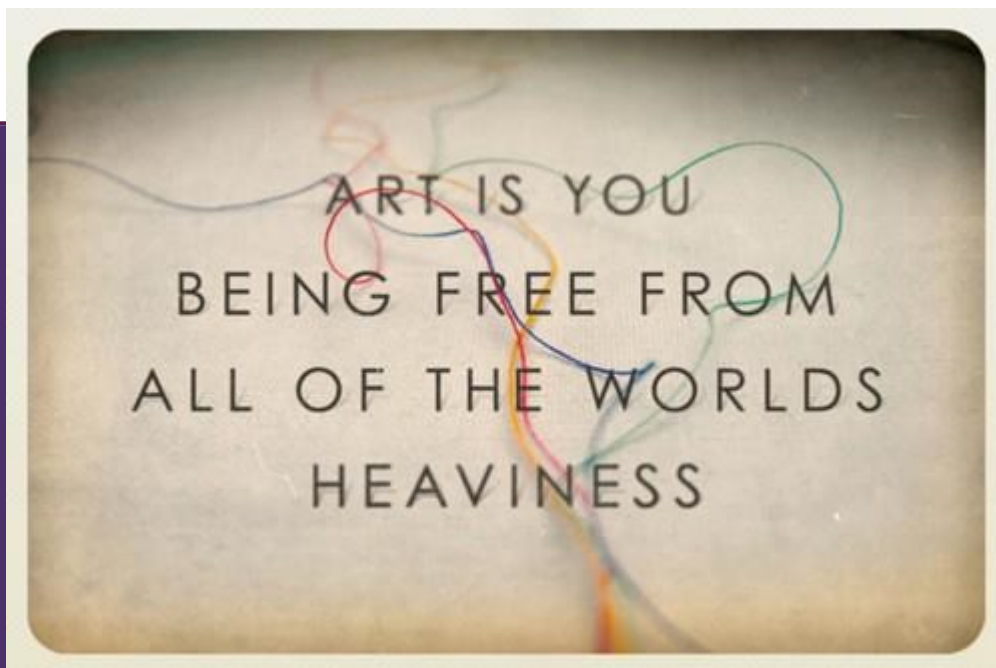
As a student, my burnout prevention plan included taking study breaks and spending time with friends. As I move forward in my career, that same concept has translated into taking time to do the things that I love. In terms of specifics, I actually do schedule time for what centers and rejuvenates me: being around animals, being in nature, singing, and traveling. Above all, I realize that the idea of burnout prevention is dynamic and will likely be different for everyone and for me, depending on where we are on each of our own personal journeys.

To that end, self-care is crucial to preventing burnout. One cannot help and support others without doing so for themselves. If you take away one thing from this brief sharing, please let it be the importance of mindfulness of when your cup could use some refilling.

Wellness and Art Therapy

Art Therapy can be one of the best ways to help manage stress in your life. For anyone that has even taken an art therapy class with me, they eventually realize the value of a visual journal. By allowing yourself the time to decompress and freely draw whatever is happening at that moment or something that has been occupying your mind can be very beneficial to your health and well-being. At times, I find myself doodling to relieve stress, especially during boring or stressful events. It does help. Visual Journaling is a personal and private experience for you. Find the place that feels best for you, a place that's safe, quiet and conducive to taking little journeys inside and begin to draw. Date each entry you make, this allows you to revisit your "inner you". You may see changes in your drawings. Such as using certain colors when you are happy or pressing hard with the pencil when upset, allowing you to release tension. Allow yourself to openly express, do not edit or revise what you draw or write. There is no right or wrong way to visual journal. Relax and express. Experiment with various medias such as painting, crayons, pastels, collage, etc. Find what works for you. You do not need to be an artist. All you need is the willingness to explore yourself, experiment with new media of expression and have a good time and relax.

Denise Astaneh, MA, AT, CPRP



Wellness and Play Therapy

Think back to a time in your childhood where you felt the most uninhibited and free. Chances are, this memory involves some kind of play. Play is something that comes naturally to most children. Play therapy is a counseling modality that taps into children's natural form of communication: Play.

Various types of play therapy exist, and in my master's and doctoral programs, I had the opportunity to be trained by leading play therapists in the field of child centered play therapy (CCPT). CCPT is one of the most widely used and best researched approaches to play therapy and has a strong evidence base for helping children with anxiety, academic concerns, ADHD, and more. It has also been shown to be a culturally responsive intervention. I participated on research teams for some of these studies, and you can probably hear that I am proud of what we have accomplished because I think a strong evidence base means more children will begin to receive this effective intervention.

So, what is CCPT? The simple answer is that it is a way of viewing children as unique, worthy of respect, and resilient. Child centered play therapists believe that children have a natural drive toward growth. The play therapist's job is to provide a facilitative environment for that growth. As a child centered play therapist, I use a variety of toys selected for their ability to facilitate the child's expression and exploration of feelings, emotions, and behaviors. Examples include puppets, blocks, pretend food, dishes, swords, handcuffs, dress up clothes, baby dolls, craft supplies, etc. I also use skills to convey empathic understanding and unconditional positive regard. Some of these skills include reflecting non-verbal behavior, facilitating creativity/spontaneity, and limit-setting.

If one could observe a play therapy session, at first glance, it might seem like the child is "just playing" while the play therapist talks to them about their play. However, a closer inspection would reveal a process that helps children work through their feelings, explore more adaptive behaviors, and develop more positive relationships with family and friends. To me, that last sentence sounds a lot like the definition of wellness.

*Dr. Katie Purswell,
LPC, NCC, RPT*



Spirituality Aspect of Self-Care

Dr. Morgan was recently interviewed to discuss the importance of self-care and how spirituality can be an important element of it. He was asked guiding questions which provided insight into how Dr. Morgan feels students and professionals can benefit from self-care and spirituality and described his own practices. Below is the interview with Dr. Morgan:

Sarah: Dr. Morgan, why do you think self-care is so important to not only our profession, but all professions as a whole?

Dr. Morgan: First and foremost, you want trained professionals to have long careers, so self-care can help not only help in the short-term, but can maximize their potential in the long-run. It can maximize how many years they can give the profession which ensures that we have experienced professionals.

Secondly, self-care is an important part of making sure that any professional is fully involved in their profession. What I mean by that is for example, in counseling, we want people continually reflective, reading, and not just learning new tools but also ways that people approach clients. self-care ensures that the person brings their full self into the profession. It keeps us fully present rather than in other places, thinking about other things.

Sarah: How would you define spirituality so that others can implement it into their self-care?

Dr. Morgan: Self-care is more than just focusing on spirituality. We need enough rest, exercise and various other requirements. Spirituality is about a set of values, beliefs, relationships and commitments that really do keep us focused on what matters. It gives us a sense of priority and in our profession, it's critically important to have core values such as doing no harm and what's in the client's best interest and to really be committed to them. Those are all things that lots of people do and because it's the most human thing to do, it's also the most spiritual thing to do. So, for us as people, spirituality is about being deeply human.

Sarah: How do you impart your wealth of knowledge on this topic to your students and peers?

Dr. Morgan: Well I talk about it a lot. I write about it so that peers not just walking down the hall but peers in the profession can engage in it. I try to live it. I offer a Spirituality course and implement a section in my other classes such as Addiction and Family & Marriage Counseling. In the book that I'm working on now there is a chapter dedicated to spirituality so it's never very far from the way I think, write, and talk.

Sarah: How do you personally practice self-care?

Dr. Morgan: I hug my wife and my children which is very grounding for me. I try to make sure that I take some time every day to be reflective about what's happening in my life, how I'm thinking, and how I'm acting. I pray whenever I get a chance such as when driving or sitting at my computer when something strikes me. I try to make sure that I read every day because that calms me. I will say that I don't get enough rest and that's a growing edge for me. My family and I go to church and that's a helpful practice to start the week in the way it should be started. It allows me to follow the rhythm of the seasons. For example, if we're getting ready for Thanksgiving, be more thankful. When Christmas is coming, I like being conscious of gifts and gratitude for what I also receive from God, so there's a whole rhythm of being in church to keep me going at home.

Sarah: Any suggestions for individuals entering the counseling profession?

Dr. Morgan: Make sure they do a lot of reading such as poetry and drama novels. It is also important to keep up to date with movies. Being aware of artists and what they're doing is essential because we deal with words all of the time and those words mean metaphors and metaphors need art to nourish them. Give and receive lots of hugs because people are the biggest calming agents in our lives. Lastly, find a small group of people that you can talk intimately with so that there are a few people who knows who you are, warts and all!

Interviewed by: Sarah Walsh, Clinical Mental Health Counseling Student, GA

Interactive Classroom Piece

Graduate Assistants went into some of the classes offered this semester and asked the students what they do for self-care. Here are some of the responses for what our students are doing to take care of themselves....

"Quiet reflection and meditation in the Sacred Heart Chapel."

-Geoffrey Morton

"I paint my nails and watch Grey's."- Bridget Furdon

"I dance on Urban Beats Crew."

- Jonathan Crichton

"I play with stress balls, listen to music, sit and meditate about the day, week, and month, and play video games (Battlefield1)." -Liam Mooney

"I go to the gym or for a car ride."

- Sara Studenski

"Sleep 10! But I also like to spend time with my fiancé specifically at our apartment with our 3 cats!" - Nicole Marra

"I craft...paint to distress."- Adrian Laudani

"I take 10 minutes out of the day to just watch my fish tank."- Justin Ellis

"I relax and lay in bed and close my eyes and breathe. Deep breathing is a big one for me."- Sarah Rosar

"I go to the gym, or pray to God."- Dan Metcalf

"I got to the gym, for walks, and the counseling center on campus."- Ally Sweeney

"I cook."- Mary Ellen Kane

"Painting, shopping therapy, yoga and the gym!"- Elizabeth Bishop

"I go to hot yoga classes 3x a week." -Frankki Sorce

"I take naps whenever I feel stressed/need down time. Also I am part of the cheer team so I enjoy going to practice and outside tumbling/gymnastics classes to relieve stress."- Jillian Roos

Self-Care and PCPS

The Panuska College for Professional Studies (PCPS) has many different helping professional programs each emphasizing a balance between theory and practice to promote social justice across all communities. PCPS prepares students to use their skills and knowledge of the Ignation tradition, to truly become “men and women for and with others”. This means that PCPS values providing for those in need with those in need, encouraging justice among all. Two significant pillars within PCPS are *Embracing the Call to Care* and *Community Based Learning*. In order to gain a better understanding of both pillars we met with the Assistant Dean of PCPS, Mr. Ray Schwenk. PCPS has been celebrating these pillars by encouraging students in the “helping professions” to celebrate and “Embrace the Call to Care.” The Call to Care is a year-long celebration that recognizes the needs for PCPS to engage students in an integrated and global experience by continuously striving for improvements in academic excellence, implementing diverse student service experiences, and providing substance to the University’s strategic mission and values through a continuous assessment plan. Each month there are different events that take place related to a monthly theme. For example, October featured events around the theme: “World in Action.” PCPS held many events including the disAbility Conference and “From the Clinic to the Classroom,” which featured an update about students with special needs and their treatment and diagnosis. A crucial component of the Call to Care is Community Based Learning, which is an undergraduate academic experience that involves students working with individuals, groups, or organizations in ways structured to meet community-defined needs. Each department ignites the call to help others in their own way. They go above and beyond in the community to help others. The goal of Community Based Learning is to encourage students to engage in diverse opportunities and reflect upon them in order to strengthen their knowledge and skills outside of the classroom. These experiences help to encourage students to step out of their comfort zone, which allows for true growth, and allows them to truly become men and women for and with others.

While developing a theme for this semesters CHS newsletter we began to think about how important these concepts are and we wanted to know how self-care fits within Call to Care and Community Based Learning. Assistant Dean Schwenk stated that self-care is crucial to those individuals working within a helping profession, and although it is not the main component in the plan it is consistently incorporated in the Jesuit tradition. For example, he shared some information about T.A.P.E.S.T.R.Y, which is a four year development program for the undergraduates in PCPS that allows students to gain knowledge that they can carry forward into their profession. Through T.A.P.E.S.T.R.Y students gain knowledge by attending lectures and presentations offered by a variety of individuals. Assistant Dean Schwenk stated that Saint Ignatius wants us to help others in a responsible way, because our inability or reluctance to take care of ourselves impacts our ability to take care of others.

This interview is an important piece to include in the newsletter because the helping professionals in all places, not only in our school, work to care for other people and the balance with self-care can be challenging to incorporate. When helping people is part of your profession, we have to practice what we preach. We often help others try to deal with stress and take care of themselves, but if we are not taking care of ourselves then how can we help them know how to take care of themselves.

The Jesuit tradition of *Cura Personalis* is something we need to pay attention to. *Cura Personalis*, literally means “care of the person”. We need to not only care for others but our whole person as well— mind, body, and spirit. Self-Care is personal to each person. Find your joy. Make it your own. Inspire each other. Inspire yourself. And as St. Ignatius says, “Go forth and set the world on fire”.

Written & interviewed by Graduate Assistants-Kathleen Brown, *RC Counseling* & Jerika Cummiskey, *School Counseling*

Connecting CHS Students to University Resources that contribute to Self-Care

The University of Scranton has many supports that assist its students to succeed in the professional and personal growth process. Being in the counseling profession we often recommend individuals to use the resources that are available to them to make it easier on themselves. Sometimes our clients will not know the resources that are available to them and we work to increase their awareness. The same is true for students. There is a wide variety of resources and services to help you grow academically, spiritually, professionally, physically, and mentally. Some students are not aware of the array of services/resources that are available, but with some awareness, this could easily be changed.

There are many components of self-care that the University addresses through the resources available. Students are typically concerned about many things:

- Academics
- Stress and/or personal issues
- Future Career plans
- Disability Services
- Involvement
- Health
- Maintaining one's spirituality
- Safety

Following is some information about how the services could assist in self-care.

Resources included:

•Advising Center • Counseling Center • Wellness • University Police & Public Safety • Center for Career Development • CTLE • Center for Service & Social Justice • Jane Kopas Women's Center • Campus Ministry •

Advising Center

The Advising Center is available for all students, undergraduate and graduate, in PCPS. The center offers support for registration, academics advising, and career planning. Students tend to stress about making a schedule, the grades they are receiving, the major they are in or about their path to their goals. Advising is there to assist in diminishing the stress by guiding and assisting in the academic process.

McGurrin Hall, Suite 111, Monday-Friday, 8:30-4:30pm

Counseling Center

The Counseling Center is available for all students for personal and group counseling. The topics discussed are limitless. All counselors are licensed or doctoral interns who are being supervised. Often times, students walk around carrying stressors that they feel they can not talk about with anyone, luckily, the Counseling Center is free of charge and looks to help students mentally. Students sometimes think that there has to be something “wrong” with them to seek counseling, however this is not the case, anyone can use someone to talk to and the Counseling Center could be the place for this.

O'Hara Hall, 6th Floor, 570-941-7620

Wellness Center

Student Health Services are available for students to ensure that they are maintain good health while here at the University. The Wellness Center is staffed with Nurse Practitioners, Registered Nurses, and Medical Assistants to provide the best care for the students. This fee is included in Undergraduate tuition, for Graduate students it is offered with a small semester fee.

Roche Wellness Center, Mulberry Street & North Webster Ave,
Monday-Thursday, 8:30-5:00pm; Friday, 8:30-4:30pm.

570-941-7667

University Police & Public Safety

The University Police is available 24/7 to ensure that the campus is the safest possible. They notify the campus for community advisories, safety tips, and other safety concerns going on in the community.

One of the most important things to note is that escorts are available if ever one is concerned about their safety.

Emergency: 570-941-7777

Office: 570-941-7888

Center for Career Development

The Center for Career Development is an office that I am fortunate enough to be interning with this semester. I often get asked, "What does career services do?" The answer is pretty simple. The Career Center prepares students for the future. As an office, we critique resumes, cover letters and professional statements, as well as help with the job search, graduate school planning and major indecision. The Center also offers students the opportunity to come in for mock interviews to help them prepare for the real thing.

As an office, the staff is fantastic. They stress the importance of our services and how students and alumni can access them free of charge. Their collaborative nature allows for a positive atmosphere that carries over into the way they work. They know that students are seeking help, and their goal is to help steer

them in the direction they are looking to go. Planning for the future can be a very stressful task, and as a student, I am no stranger to the stress it brings. Thankfully, the Center has given me the tools and resources I need to take steps in the right direction. Getting to sit down with a Career Coach has allowed me to take a deep breath and understand that I have what it takes to succeed! Students are constantly encouraged to reach out to set up a meeting or even just come in to chat. The Career Coaches put on programs and presentations for students as they continue to advertise the great resources we have available. The Career center staff helps students understand that while this is a stressful time, it is an exciting time as well! Students have the

resources they need; they just have to use them!

Written by: James Buckley, CHS Senior

Cizek Hall, Monday-Friday, 8:30am-4:30pm



CTLE

The University of Scranton's Center for Teaching and Learning Excellence (CTLE) provides opportunities for faculty and students to work together to achieve academic success and have a positive learning experience. CTLE offers a broad range of services for students including The Writing Center, Reading Services, Tutoring, and Disability Services. The Writing Center is a place where students can work on their papers or assignments while receiving assistance from well-trained peer consultants. The CTLE's Reading Specialist, Dr. Catalfamo, offers individual consultations and reading strategies for students. Our Tutoring Program offers many different types of tutoring to fit the individual student's needs. The tutoring services we offer include individual tutoring, supplemental instruction, small group tutoring, and drop-in tutoring. Also, the CTLE provides services to students with disabilities who are enrolled at the University of Scranton. The CTLE will ensure that the student's needs are being met and that they are receiving the appropriate accommodations based upon their documentation.

CTLE commits to self-care by providing students opportunities to grow academically and personally. These services are in place to ease student's stresses and to provide tools they can use on their own to help them help themselves. We work one-on-one or in group settings with students to ensure their overall success. As a department, we are always there for one another and, more importantly, there for all students. Whether you make an appointment or just stop in, the staff at CTLE is always there to assist in any way possible.

CTLE is located on the 5th floor of the Loyola Science Center (LSC)

For additional information about our services:

Visit our website: <http://www.scranton.edu/academics/ctle/index.shtml>

Contact Us: 570-941-4038

Written by: Kristen Thomas, CTLE Graduate Assistant

Center for Service and Social Justice

As part of Campus Ministries the Center for Service and Social Justice works in assisting students to participate in the Jesuit tradition of men and women for and with others. They look to help the local community by having students involved in helping their needs and reflecting on it. Students, especially those in PCPS who have a Community Based Learning requirement, look to get involved but sometimes are stuck. The Center for Service and Social Justice aims to provide countless volunteer opportunities. This is a way to not only give back to the community and/or fulfill a requirement, but a way to better one's self and take a break from the typical stressful academic environment.

DeNaples Center, 2nd Floor, Room 205B

See website for list of service sites and events.

Jane Kopas Women's Center & Multicultural Center

The Jane Kopas Women's Center is responsible for providing an inclusive environment for our campus community. We offer educational programs on topics related to women, gender and feminist theories. Our goal is to develop women as lifelong learners and confident leaders through skill training, educational opportunities, advocacy training, and a women's leadership program. We also encourage service through collaborative projects between the campus and Scranton community. Our office commits to self-care by advocating and practicing acts that allow us to be our best selves for the work we do for our campus community. Every year our office participates in a national campaign called Love Your Body Day. This year's day is on October 19, 2016 and we encourage and welcome all faculty, staff and students to participate. We hold an interactive walk-through on second floor DeNaples and this year we incorporated self-care activities on the 4th floor of DeNaples. This year is unique and special being that we have an interactive part of the day where students can experience what some type of self-care activity might look like. Our approach to Love



Your Body Day is also unique in the sense that we promote acceptance of all body types and abilities. There is no specific focus on who we are accepting or what is acceptable in society but to embrace ourselves and love the person that we are. The Jane Kopas Women's Center encourages students to commit to self-care through our various programming and more specifically through Love Your Body Day. Although it is just one day that we acknowledge it campus-wide, we always embrace and advocate for self-care to become a part of all of our everyday lives because that is the best way to ensure our best selves.

Written by: *Emily Apgar, CHS Senior*

DeNaples Center, 2nd Floor, Room 205F

CHEW

The Center of Health Education and Wellness (CHEW) is the heart and soul of wellness here at the University of Scranton. It strives to build a healthier community through commitment to mind, body, and spirit.

Every week, CHEW provides a variety of free wellness classes such as: mindfulness meditation, fit and faithful circuit training, weight watchers, and energizing yoga. These programs establish a balanced lifestyle and the importance of developing healthy habits. CHEW's nationally certified Peer Health Educators (PHE) are student leaders who engage the campus in positive health projects. Their main goal is to promote the eight dimensions of wellness – emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. Campus-wide events, such as Healthier U Day, Fitness Challenge, and Alcohol Awareness Week, all convey a healthy lifestyle.

CHEW is fully committed to self-care. Their events and resources move the community towards self-care. For example, Alcohol Awareness Week prompts students to examine their alcohol use. It addresses prominent concerns in the campus culture. It provides strategies to decrease those risks and concerns. CHEW's goals are to educate, give resources, and increase the community's ability to achieve wellness.

CHEW and the PHE team encourage students to commit to self-care. They educate the community on the eight dimensions. They inspire students to examine their own personal dimensions. CHEW creates events to promote specific dimensions and provides realistic, applicable skills. Then, they challenge the community to advance dimensions that may be interfering with wellness. This challenge can increase health and self-care overall. Giving power and action-steps to the community, CHEW puts self-care into the hands of each individual. A commitment to self-care and wellness is a personal decision. CHEW empowers and educates students to take their self-care into their own hands, while always remaining available as a resource to anyone who needs it.

DeNaples Center, 2nd Floor
Room 205k



Dana Kosman
Senior, CHS Undergrad

Campus Ministries

Campus Ministries provides ways for students to express and reflect on their faith in ways they deem fit.

Campus Ministries aims to help students find love for themselves, others, and with God. There are opportunities for students to be involved in the community, in the United States, and across other nations.

Campus Ministries offers many retreat options with different themes, weekly masses, and spirituality formation. These opportunities could be particularly useful for students who value a spiritual component of self-care.

DeNaples Center, 2nd Floor
Room 200

Happening Events in CHS

EOTC/Dress for Success Internship Visit

As undergraduate Counseling and Human Service students at The University of Scranton, we are granted the fortunate opportunity to gain exposure and competency within the helping profession through service learning. The surrounding Scranton, Pennsylvania community has so much to offer, and we could not be more grateful for the invitation to volunteer and intern within Scranton's remarkable organizations. Scranton's organizations reflect our mission, as developing individuals, students, and helping professionals, to become men and women for and with others. This is something you almost cannot believe until you see. Professor Rozelle took



the initiative to, so generously, dedicate our career seminar class time to visiting Dress For Success, as pictured above, and EOTC. Dress For Success is internationally recognized as a not-for-profit organization that dedicates their services toward empowering women to achieve economic independence. Not only do they provide top of the line services for these women, such as career counseling and training, but they provide top of the line fashion as well. Our first reaction when we walked in was, "I cannot believe how many clothes there are!" As of October 2016, they are able to provide each women with two weeks worth of professional attire to kick off their professional career in style. After our tour of Dress For Success, we walked out the door and right into EOTC (We aren't kidding when we say the opportunities for service learning in Scranton are endless.) EOTC provides a variety of programs that promote family stability and economic self-sufficiency. How we prefer to sum up EOTC after our visit is "they have a little bit of everything." Prior to our visit with these two wonderful organizations, we had merely a bird's eye view, but after this experience Dress For Success and EOTC were written into our classes "top three" organizations we wish to volunteer/intern with in the near future.

Written by:

Emily Mulhaul and Adrian Laudani

CHS Students

What are our Grads Doing?

National School Counselor of the Year Committee



There is a search for the National School Counselor of the Year going on right now. The selection committee consists of twelve individuals, two of them from the University of Scranton, School Counseling Program. It is pretty cool to see the Scranton grads being involved in such an important award!

Pictured from left: Liz Vohar and Erin O'Malley

"College Signing Day"

School counseling interns, Dr.Cerrito and Dr.Eschbach are collaborating with an alum, Larissa Valonis, School Counselor at Lakeland High School to do a "College Signing Day" on April 26th. They will be celebrating senior high school students post graduation decisions with the students and their parents!

School Counselor Updates

Stacey Zygmunt - Admissions recruiter for the Philadelphia College of Osteopathic Medicine, Philadelphia, PA

David Bright - School Counselor at Charleston Elementary School in Newport, VT

Caroline Connors - Undergraduate Admissions Counselor at Marywood University, Scranton, PA

Carissa Carpenter - Mental Health Professional at Scranton Counseling Center, Scranton, PA

Peter Frein - School Counselor and Head Cross Country Track and Field Coach at Calvert Hall College High School in Baltimore, MD

Amanda Nitowski - School/Career Counselor at Abington Heights School District, Clarks Summit, PA

Anna Rocco - Long term Substitute School Counselor at Scranton School District, Scranton, PA

Marisa McTernan - 11th and 12th Grade School Counselor, Delaware Valley School District

Emily Carson - 7th-9th grade school counselor at South Williamsport Area Junior-Senior High School, Williamsport, PA

Chi Delta Rho

The graduate counseling honor society, Chi Delta Rho, is the local chapter of Chi Sigma Iota (CSI) Counseling Academic and Professional Honor Society International at the University of Scranton. The mission of Chi Sigma Iota is to promote scholarship, research, professionalism, leadership, and excellence in counseling and to recognize high attainment in the pursuit of academic and clinical excellence in the profession of counseling. We promote a strong professional identity through our leadership team and members who contribute to self-care and fostering wellness.

This year we have tons of events we are planning and getting involved in. These include:

Service Event – Run/Walk in Scranton Area (Spring TBA)

Leahy Food Drive – October/November Months

Professional Development Event – Oct. 27th @ 7PM

“There is Life After College” – Jeffrey Selingo – Kane Forum in Leahy Hall

PCA Conference – Nov. 11th, 12th, 13th

Fall Bake Sale – Oct. 26th & 27th – 1st floor McGurrin Hall

Counseling Apparel/Water Bottle Sale – Happening Now

See 4th Floor Bulletin Board for Details!

The majority of our events allow us to provide service and to give back to the Scranton community. In order to practice self-care, you need to maintain a healthy body, mind and spirit. We feel as an organization that the events we plan and coordinate allow us to demonstrate good self-care and invite others to join in with us.

Please look for our flyers around campus/emails regarding future events so you can join in on practicing self-care too!

2016-2017 Officers (Left-Right)- Santina Wesolowski-SC Liason, Ashley Rempe- CMHC Liason, Kathleen Brown- RC Liason, Katie Soeder- Secretary, Kristen Thomas-President, Andrea Lynch- Vice President, Kaylene Falco-Treasurer



Tau Upsilon Alpha



2016-2017 Officers

President: Alexandra Carter

Vice President: Natalie Kern

Secretary: Bridget O'Connor

Treasurer: Mary Ellen Kane

Tau Upsilon Alpha is meant to foster learning, leadership, and development, and to promote service to humanity with academic excellence. In order to be a part of TUA, students show a certain level of academic excellence in their Counseling and Human Services major.

For anyone who is not a member and looking to apply to TUA, the requirements are: 1) Student must have completed the equivalent of 3 full time semesters towards their bachelor's degree. 2) Student must have a 3.25 GPA or higher. 3) Student must be in the top 35% of their class standing (within the CHS major).

This semester, we are welcoming four new officers to the undergraduate honor society, Tau Upsilon Alpha. Alex Carter as President, Natalie Kern as Vice President, Mary Ellen Kane as Treasurer and Bridget O'Connor as Secretary. Each officer brings an array of different life and professional experiences to the table, as well as different skills and talents that will make for an exciting and unique year for Tau Upsilon Alpha! Alex is finishing up her advanced internship at United Neighborhood Centers, and while on campus is a Zumba instructor, member of CHSA, and a part of the accelerated Clinical Mental Health graduate program. Natalie is an RA on campus and is extremely involved with the Jane Kopas Women Center, the Center for Service and Social Justice, and a member of CHSA. Mary Ellen is the acting president of Catholic Relief Services Student Ambassadors and has also had leadership roles through Campus Ministries, Urban Beats Crew, and Center for Service and Social Justice. Bridget spent some time abroad studying in London! She's also involved with CHSA and the International Friendship Recreation Department. To find out about upcoming events and notices in general from TUA, please see the bulletin board on the 4th floor of McGurkin! We're working on arranging a late night donut delivery event one night in November as well as apparel sales next semester, more information for each can be found on the bulletin board!

It would not be possible to achieve the goals and mission of TUA without emphasizing the importance of self-care. A huge part of what the professors teach students in this program has to do with burn-out, burn-out prevention, and over all wellness as a core belief in the counseling profession, and TUA in particular is proud to contribute to that message. We are not fully capable of serving humanity unless we serve ourselves first. As president, I'd like to encourage students to work their absolute hardest to accomplish things like academic excellence, but I'd also like to stress (no pun intended) the importance of self-care in this field. Aside from my involvement in TUA I'm also a member of CHSA, a Zumba instructor, an accelerated CMHC student, and I'm currently in my advanced internship. Stress is no stranger to me and I always benefit from going to the gym, being with my friends, journaling, and just setting aside time to be mindful and reflective. We can't be our best selves unless we maintain our wellness!



Pictured left to right: Emily, Bridget, Jimmy, Jessica

CHSA

2016-2017 Officers

President: Bridget Furdon

Vice President: Jessica Schmidt

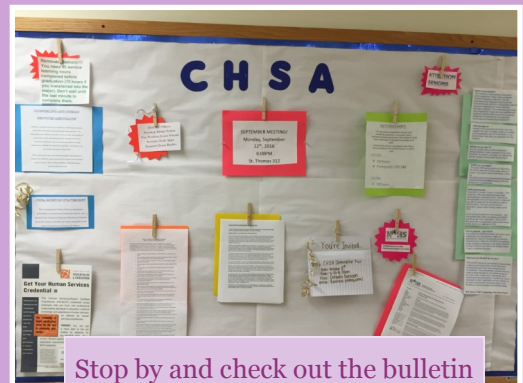
Secretary: Emily Apgar

Treasurer: Jimmy Buckley

CHSA has had a very eventful fall! CHSA participated in CHEW's Healthier U Day, where students had the opportunity to travel around various table sits that were providing health screenings, fitness events and different activities pertaining to wellness. CHSA did a "take-one, give-one" table, where students wrote positive messages on Popsicle sticks to pass on to other students, and then took a Popsicle stick with a message that they liked that had already been written. CHSA also hosted its annual internship fair, where community agencies were represented to help students gather more information on possible internship placement sites. The fall Street Sweep also was a great campus-wide event that CHSA took part in, and helped clean the surrounding University of Scranton area. CHSA is also working with the Jane Kopa's Women's Center on their Love Your Body Day event, where CHSA will provide a guided meditation for participants of the event and discuss the positive affects of meditation. Our club will also partake in the University's Safe Trick or Treat event, where children in the local Scranton community will have the opportunity to come to campus to trick or treat in the dorms and do crafts and games afterwards. In November, CHSA will also be starting a new tradition in writing letters to veterans for Veterans Day, and have them delivered to veterans in the local area. CHSA also is collaborating with Tau Upsilon Alpha and Chi Delta Rho to collect peanut butter, jelly, crackers, tuna, canned chicken, and bags of rice for the Leahy clinic during the upcoming holiday season. We have had a busy fall semester filled with wonderful events!



Table at Healthier U Day, "Take one, Leave, One"



Stop by and check out the bulletin board on 4th floor!

Rose Kelly Award

Jennifer Riccardi



The Rose Kelly Award means the world to me. I am so humbled to have received this award. This award is not just for the incredible professor I had in high school, but for all of the professors I have had my entire academic career. This award is a testament of the passionate professors who showed me to be enthusiastic about my academics. With their support and dedication to their profession, I have been able to work hard and been on Dean's List for multiple semesters. Not only have I been able to accomplish great academic achievement, I have become as passionate about education like my professors are. The Rose Kelly Award is a thank you to all those who have helped me to grow and become the person I am today. My Jesuit education has aided me to not only grow as a student but as a person. Like Mr. Bouchard, the University of Scranton has taught me to push myself. Since I was in college, I've been challenged to step out of my comfort zone. I joined a multitude of clubs and organizations on campus. My successes made me confident and my failures pushed me to

grow. My experience through being an Orientation Assistant and being both a committee head and executive chair for University of Scranton Programming Board, have shown me that. This past year, I went way out of my comfort zone by being a part of the Provost Assessment Scholar Program. I also volunteer within several organizations on campus to help expand my experience and to learn from those I am around. No matter if it is in the classroom, on campus, or in the greater community, the University of Scranton has taught me to go forth and set the world on fire.

Why Self-Care?- *From the Editors*

Brandice Ricciardi: “Each Semester for the past two years I have had the privilege of working with our innovative students as they seek to craft our Counseling and Human Services Department newsletter. While this experience for me has developed into a labor of love, as I am often inspired by the creativity and caring of our students, I was particularly moved by the timeliness of this theme.

I started to think about what it means to “live” in human service. I say “live” in human service because I believe that this profession becomes a part of the very fabric of who we are as people. So when the students excitedly suggested that they wanted self-care to be the topic for our newsletter this semester, I couldn’t help but think of how important and challenging self-care can be to “live”. As a clinician and now as a faculty member one of the things I have learned is that counseling and human service, very much like being human, takes place in the act of “be”coming- that is we are always growing, and consistently pushing our own boundaries so that we may uphold the dignity of others by attending to the needs of the whole person. To do this there is no more critical and sometime exacting task than caring for ourselves. During my time working in this community I have found that I have lived portions of my life with great passion, though in a hurry, trying to accomplish too many things and it has been in these moments that I have been reminded of the opportunities practicing self-care brings to my spirit. For me self-care evolves as I do, and I seek to embrace it in small important ways every day. Whether it is a long or short conversation with a good friend, spending time with my 11 year-old Labrador, taking 10 minutes to enjoy a good cup of coffee in the morning or most recently learning to ask whole-heartedly for help when I need it, I endeavor to practice gratitude, and reflect on my journey. So the timeliness of this current edition is dear to me as I believe self-care is a crucial part of lifelong learning- a process of growth that is always developing, shifting, changing and it benefits us and those that we “live” in communion with. Finally, I would like to practice some gratitude by saying thank you to all the passionate folks who participated in the creation of what I think is an extraordinary newsletter!”

Kathleen Brown: “When it was brought to my attention that self-care was a possibility for the newsletter I was instantly excited about it. I started thinking about different things we could include in the newsletter that would make the newsletter more inclusive of not only all the Counseling Department but of the University Community as well. This semester was my busiest one yet. Going into it I knew that I was going to have to find a balance between being a student, a Graduate Assistant, and a student in Practicum handling an unusually large case load. I thought that hearing other peoples’ ways to implement self-care and how important self-care is, would inspire me to find a healthy balance, and hopefully inspire other readers as well.”

Jerika Cummiskey: “As we sat in the office thinking about the different themes we could incorporate into the newsletter, self-care was an area of interest for me. Why? Mostly because I will fully admit that I don’t practice self-care very often and I was interested to find out from others how they are able to fit it into their busy schedules. For me, the idea of self-care has been a personal struggle my entire life. In a profession such as counseling, self-care is the topic that seems to always get pushed to the back burner, but for this newsletter we wanted to move it to the front.”

Professional Achievements/Conferences

Dr. Paul Datti

Comprehensive Reports:

Datti, P.A. (2016). CSHE Self-Study Report for Reaccreditation. *Counsel for Standards of Human Service Education Accreditation*.

Professional Service:

Immediate Past President, Pennsylvania Counseling Association, July 2016– present.

-Mentor and assist the President in planning conferences, presentations, outreach activities, trainings, advocacy, and related professional activities for the association.

Presentations:

Dalton, S., **Datti, P. A.**, Marsili, R., Pettito, D., & Smith, K. (2016, November). *LGBT Affirmative Practices*. Lecture and discussion presented at the annual conference of the Pennsylvania Counseling Association, State College, PA.

Datti, P. A. & Pettito, D. (2016, November). *Transgender Life in College*. Lecture and discussion presented at the annual conference of the Pennsylvania Counseling Association, State College, PA.

Dr. Julie Cerrito & Dr. LeeAnn Eschbach

Cerrito, J. & Eschbach, L. (2016, December). *In like a lion: Helping students roar to college using Reach Higher metrics*. Paper presented at the Pennsylvania School Counselors Association 2016 Annual Conference. University Park, PA.

Dr. Julie Cerrito

Presentations:

Ahmed, S.A., Behun, R. J., & **Cerrito, J. A.** (2016, September). *Creativity in counseling resistant clients: How to turn client resistance into a working relationship*. Paper presented at the Association for Creativity in Counseling 2016 Annual Conference, Savannah, GA.

Behun, R. J., **Cerrito, J. A.**, & Owens, E. W. (2016, September). Creative strategies for counseling children and adolescents who experienced trauma [Webinar]. In *Chi Sigma Iota International Trauma Webinar Series*.

Publications:

Behun, R. J. & **Cerrito, J. A.** (2016). Defining child abuse for professional counselors as mandated reporters in Pennsylvania under the newly amended Child Protective Services Law. *Journal of the Pennsylvania Counseling Association*, 15(1), 39-43.

Dr. Katie Purswell & Dr. Ben Willis

Purswell, K. E., & Willis, B. T. (2016). *Using expressive arts to promote engagement and self-reflection in the counselor education classroom*. Presented at the North Atlantic Region of the Association for Counselor Educators and Supervisors Biannual Conference. Syracuse, NY. September 2016. (Received NARACES award for *Excellence in Teaching Signature Presentation*.)

Dr. Rebecca Dalgin & Dr. Lori Bruch

Dalgin, R., & Bruch, L. (2016, September). *Ethical Issues for New Professionals: Clients, Coworkers, & Coffee Breaks*. Presented at the National Rehabilitation Association. Richmond, VA.

Disability Conference

Encouragement. A word spoken by a man who voiced that his life would not exist without the encouragement of those in human services. We, as human service professionals, are in the business of encouragement, and that is a message that I will continue to carry with me. As I listened through each individual speaker and spoke with colleagues, I was reminded of the importance of this field, and the reason behind why we strive for the bettering of our services. To provide others with the best services possible, along with being able to provide the encouragement needed in order to aid in their success. Being a part of the disability conference not only provided me with a further look into the world of disability, but allowed me to meet those who are already making a positive difference everyday. It was a wonderful opportunity to learn more about legislations and how current professionals are implementing these into practice. Part of what made the disability conference such a meaningful experience was the dedication of Dr. Bruch, Dr. Dalgin, and the rest of the fantastic staff and faculty who worked to ensure the topic and information provided would be received and utilized in our careers. Finally, I could not be more proud to have been a part and witness such extraordinary support that both the conference and the keynote speaker had received. I highly encourage those who were not able to attend the conference this year to be a part of such a wonderful experience when the next conference arrives. You will not be disappointed.

Written by:

Michael Martinez

Rehabilitation Counseling Student



Pictured left to right:

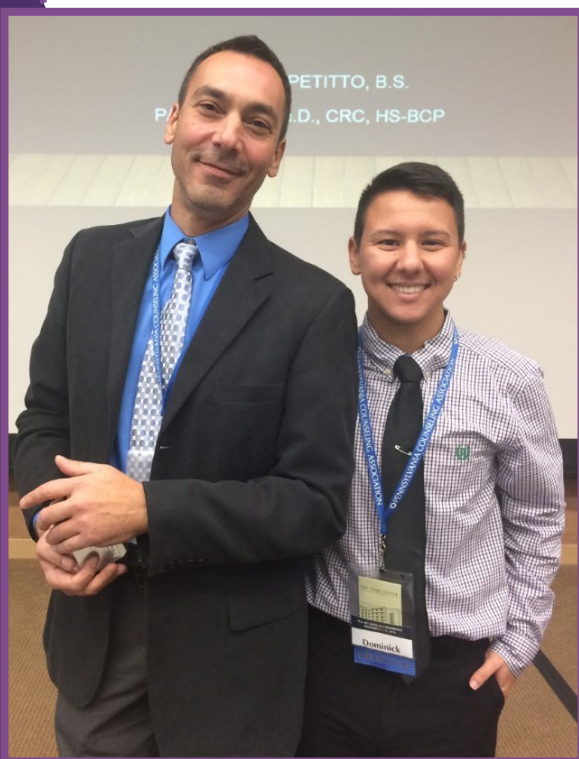
Liam Mooney (RC Student), Nelson Lauver (evening keynote speaker), Michael Martinez (RC Student)

PCA Conference

The 48th Pennsylvania Counseling Association Conference was held on November 11-13th, at the Penn Stater Conference Center Hotel, State College, PA. This year's theme was *Celebrating Creativity and Ingenuity in Counseling*. Dr. James Alexander was the Conference keynote speaker. Dr. Alexander is one of the most prolific scholars and clinicians in family counseling all over the world, and he is the creator of Functional Family Therapy (FFT). Dr. Datti and Dominick Petitto, B.S., (CMHC Student) presented twice, once for the Pre-Conference on *LGBT Affirmative Practices*, and once during the conference on *Transgender Life in College*.

PCA is a state branch of the American Counseling Association, the national professional association that represents professional counselors who live and practice in the United States. PCA is an organization of professional counselors who value a collegial community, continuous learning, service to others, visionary leadership, and a commitment to professional ethics and standards of practice.

We encourage all students and faculty to become a member.
www.pacounseling.org



Dr.Datti & Dominick Petitto after
one of their presentations.

CSHSE Accreditation

The undergraduate Counseling and Human Services program is now a CSHSE accredited program until 2026 thanks to the hard work of Dr. Datti!

The Council for Standards in Human Service Education (CSHSE) is a national board that works to assure the quality, consistency, and relevance of human service education through research based standards, and a peer reviewed accreditation process. This accreditation process includes a comprehensive self study, which was completed by Dr. Datti, and an on campus site visit.

Accreditation is very important to students because it creates a network of graduates of similar programs around the country, and it allows University of Scranton graduates to apply to take the Human Services-Board Certified Practitioner (HS-BCP) examination upon successful completion of the program. The HS-BCP certification allows human services practitioners to express their educational background and knowledge to employers.

The accreditors, James Ruby from California State University Fullerton, and Gigi Franyo from Stevenson University, MD, visited campus September 28th-30th. During their visit, James and Gigi met with CHS faculty members, Provost Joe Dreisbach, and Dean Debra Pellegrino. They also had the opportunity to meet with students, recent graduates, and to take a tour of the library and campus to get to know CHS students and The University of Scranton community.

The visit went very well, and the accreditors were very impressed with the program, and the work that Dr. Datti did to prepare for the visit. "During the visit, the site visitors remarked on the comprehensive nature of the self study, and as a result they were able to come to campus already knowing that this is a program of excellence," Dr. Bruch said in regards to the visit.



Thank you again to Dr. Datti for his hard work in preparation for the visit, and a thank you to the CHS faculty and staff and Dean Pellegrino for their support throughout the accreditation process!

Written by: *Mara Wolfe, GA, RC*

For the Accreditation process for the University of Scranton's CHS department, I was involved with chaperoning them to the Provost office. Once they were finished, I brought them to McGurrin Hall. On the way, I learned about the accreditation process and about what they both do. After they were brought to McGurrin Hall and met with our faculty; graduate and undergraduate students met with them to discuss the undergraduate program. Here, we got to provide feedback on what we thought about our classes, internships and any suggestions we had.

Written by: *Liam Mooney, GA, RC*



Faculty Fun Fact

With the holidays and the semester break approaching, we wanted to know anything fun that our faculty is doing as a way to relax and rejuvenate during the holiday break to prepare for the Spring semester.

Dr. Cerrito: “I love to watch the Hallmark Movie Channel during the holidays!”

Dr. Purswell: “I’ll be visiting my partner and family in Texas. We’ll probably go out to my grandparents’ ranch and hike around and maybe build a fire. I’ll also get to spend some time with my cousins’ children who are like my nieces and nephews. They are a lot of fun, and I always feel more relaxed (and exhausted) after spending time with them!”

Dr. Willis: “I like to re-read *A Christmas Carol* by Charles Dickens each year and watch *Elf* with my family.”

Dr. Datti: Dr. Datti is going to see his favorite singer, Stevie Nicks, for (seriously), like the 50th time. She has a way of relaxing him, even during the most stressful times, and her concerts are always amazing and fun.

Professor Ricciardi: “I’m looking forward to curling up with a good book and big fuzzy slippers!”

Dr. Bruch: “It’s all about the cookies!”



PCPS CONTACT LIST

Panuska College of Professional Studies (PCPS) – Dr. Debra Pellegrino, Dean

Department of Counseling and Human Services (CHS) – Dr. Lori Bruch, Chair

McGurrin Hall Phone Prefix (570)-941-

Room	Phone	Name/Description
201	5518	Angeloni, Dave Director, Counseling Field Placement
433	7635	Barber, Prof. Geri Director, Counseling Training Center
455	4308	Bruch, Dr. Lori Department Chair
447	4163	Cerrito, Dr. Julie Co-Director, School Counseling
437	7819	Dalgin, Dr. Rebecca Spirito Director, Rehabilitation Counseling
451	4127	Datti, Dr. Paul Director, BS-COUN/HS Program
443	7884	Purswell, Dr. Katherine Co-Director, CMHC
457	4236	Secretary: Ann Keeler (Day) 8:30-4:30pm Pam Turbessi (Part Time)
441	6172	Willis, Dr. Benjamin Co-Director, CMHC
TDC	7454	Bookstore
OHA 6 th	7620	Counseling Center
		PCPS
ELH 226	6305	Dean Debra Pellegrino
MGH 111	6390	Advising Center/Assistant Dean, Dianne Posegate
ELH 224	7565	Assistant Dean, Ray Schwenk
ELH 223	4407	Assistant Dean, Dr. Victoria Castellanos
Estate	7540	Undergraduate Admissions
Estate	5431	Graduate Admissions-General Number
O'Hara	5915	GA Questions, Kara Dale
Library	7524	http://www.scranton.edu/academics/wml/index.shtml

Newsletter Staff:

Faculty Advisor: Brandice Ricciardi

Student Editors: Kathleen Brown & Jerika Cummiskey

Special thanks to John Esposito for his editorial assistance.

CRC

Certified Rehabilitation Counselor (CRC)

The CRC credential is specific to Master's of Rehabilitation Counseling. The passing of this exam ensures that the counselor fits in nationally with the key competencies for the field. Possessing this credential makes a Rehabilitation Counselor more marketable and distinguished among other counseling professionals. This credential also demonstrates one's commitment to learning through education, trainings, and practice. The credential can also lead to job placement, advancement in the position or salary, and referrals from medical and non-medical professionals. For more information about the exam and benefits of the credentials please see <https://www.crccertification.com/about-crc-certification> .

NCE

National Counselor Examination for Licensure and Certification

This exam is used to assess the knowledge, skills, and abilities that are required for effective counseling. Passing the NCE is a requirement in many states and used in military health system services. Passing is also needed to get the National Certified Counselor (NCC) credentials. The NCC is the largest national counselor certification in the world. There are specialty certification is addictions, school counseling and clinical mental health as well. For more information about this exam, the benefits, and the difference between a national certification and state licensure, please see <http://nbcc.org/Certification/CertificationorLicensure> .

HS-BCP

Human Services Board Certified Practitioner (HS-BCP)

Graduates of the CHS program are eligible to sit for the Human Services - Board Certified Practitioner (HS-BCP) exam to receive the HS-BCP credential. The credential allows for independent verification of practical knowledge and educational background in human services. With increased competition in this growing field, becoming board certified in human services shows attainment of high standards and allows you to stand out as a part of a distinguished group known for commitment to maintaining excellence in the field. With the number of human services jobs expected to climb rapidly this decade, the HS-BCP credential can help launch a rewarding career. Note that this is one of the very few credentials offered at the undergraduate level. Because of our program's accreditation status with CSHSE, University of Scranton CHS majors who have 15 credits or less to complete are eligible to apply for the credential and sit for the examination prior to graduation. Please see the Center for Credentialing Education's (CCE) website for more information on the credential and exam: <http://www.cce-global.org/HSBCP>.